

Yoga Manila

## PRENATAL AND POSTNATAL YOGA

FROM PREGNANCY TO PARENTHOOD



### PRENATAL AND POSTNATAL YOGA

Integral to these specialized classes are breathing and relaxation techniques that will help the new mother stay calm and unflustered with the constant demands of daily living and her new role as a mother.

Practicing self-awareness and inner reflection are some of the invaluable skills you learn while practicing yoga. These skills will help you connect with your unborn baby, honor yourself and the miracle of life happening inside your womb.

#### PRENATAL YOGA

Pregnancy is a cherished and transformational period in a woman's life when she copes with the physical, emotional and mental changes in her body.

Yoga for pregnancy is a gentle and safe exercise designed specifically to meet the special and ever-changing needs of the expectant mother.

Yoga helps improve strength, flexibility and tone to body parts that are most involved in gestation and childbearing. With regular practice, there is an increase in energy levels, an improvement in emotional steadiness despite hormonal shifts and a sense of physical wellbeing.

**POSTNATAL YOGA AND BREASTFEEDING –** Postnatal yoga supports healing and recovery after birth. During and after pregnancy, the mother needs to strengthen her back, abdominal and pelvic floor muscles, release tension and rejuvenate her mind and body.

The relaxed state that this gentle practice brings helps in the production of breast milk.

Attending a class provides a healthy and supportive environment for a woman to connect with other mothers who can identify with her experiences.

#### WHEN TO START?

Please consult with your doctor before attending a yoga class to confirm if you should take particular precautions in exerting yourself physically.

If you are new to yoga, we recommend that you do not begin until after the first trimester or around the 12<sup>th</sup> to 14<sup>th</sup> week of pregnancy.

## HOW OFTEN?

The classes should be taken at least once a week for the duration of your pregnancy. Some postures and exercises should be practiced every day at home. We recommend taking a minimum of twelve classes to develop your own home practice.

## INSTRUCTORS

**Michelle Reyes-Navarro** (Ortigas) practiced yoga through nine months of her pregnancy, up to the day before she gave birth to her first child. She attests to the wonderful benefits of prenatal yoga and would like to share this gift with other expectant mothers. This year, Michelle will be teaching while she is also pregnant with her second baby!

Michelle is certified by Centered Yoga Institute in Thailand and has been committed to the practice of yoga since 2003.

## WHEN & WHERE?

Yoga Manila Ortigas  
Chi Spa @ Edsa Shangri-la, 01 Gardenway  
Ortigas Center, Mandaluyong City

Mon 3:30-4:30pm

Rate: Php600/class  
6-class card Php3000  
Text reservations required.

Contact Yoga Manila at:  
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## OTHER DETAILS

- ☺Prenatal yoga classes are NOT meant to replace childbirth classes (Lamaze or Bradley's) or regular doctor's visits.
- ☺Please present the consent form signed by your doctor when you enroll.

## CONSENT FORM FOR PRENATAL AND POST-NATAL YOGA CLASSES

Name:

Phone Number:

Due Date:

I am having/had a healthy pregnancy. I am under the care of an obstetrician/physician and I have his/her written consent to participate in this prenatal and postnatal yoga program.

During class I agree to limit my activity to that level which is comfortable to me and to stop all activity if I feel uncomfortable. I will notify the class instructor and my obstetrician/physician if I feel any discomfort. I will keep my yoga teacher updated on any changes in my pregnancy.

Signature

Date

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I CONSENT TO THE ABOVE NAMED PATIENT'S PARTICIPATION IN PRENATAL AND POSTNATAL YOGA CLASSES.

Physician's Signature

Date

Physician's Phone Number